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FROM TONIGHT SHOW INTERN TO HELLO ROSS
THIS CELEBRITY SUPERFAN GOT HELP FROM COMEDIAN CHELSEA HANDLER TO START HIS OWN TALK SHOW ABOUT HOLLYWOOD'S IN-CROWD
PAGE 9

Mass shooting a 'cowardly act': Obama

Washington, D.C.
Ex-military man involved in shooting rampage at naval complex that leaves 13 dead

The U.S. capital became the latest American city to grapple with familiar scenes of chaos and bloodshed Monday when a former military man opened fire at the city's Navy Yard, killing 12 people.

While one gunman was also shot dead, police said there was one other potential perpetrator still at large, an armed man dressed in military garb. A third man, also clad in a military-style outfit, was cleared as a suspect.

The dead shooter was identified as a 34-year-old Texas man, Aaron Alexis, a former navy reservist.

Mayor Vincent Gray said officials had no reason to believe it was an act of terrorism, but the motive remained unclear.

Initial reports suggested the now-dead shooter entered the complex with stolen ID, fatally shot a security guard and was targeting specific people.

Eyewitnesses said the gunman situated himself at a fourth-floor overlook and was shooting down at people at the cafeteria on the first floor. He had an assault rifle, a shotgun and a pistol, police added.

Alexis was investigated in Fort Worth three years ago when he was arrested for shooting a hole through the ceiling of his home and into a neighbour's apartment.

He was also investigated for shooting out the tires of another man's car in Seattle in 2004. His father told police his son suffered from post-traumatic stress disorder.

THE CANADIAN PRESS

All-too-familiar tragedy

"We are confronting yet another mass shooting.... We will do everything in our power to make sure whoever carried out this cowardly act is held responsible."

U.S. President Barack Obama, in remarks from the White House in which he pointed out the regularity with which such shootings afflict the nation.

A man and woman embrace after reuniting at a gathering point for family members of Navy Yard employees that was set up inside Nationals Park in the wake of a mass shooting Monday in Washington, D.C. Police believe at least one gunman shot and killed at least 12 people and wounded others in an incident that put parts of the city on lockdown. WIN MCNAMEE/GETTY IMAGES

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Charges pending

Alcohol suspected in highway crash that killed three

Drunk driving is suspected in a crash that killed three young men on a highway in southern Saskatchewan.

RCMP said on Monday that charges are pending against a 23-year-old man who was allegedly at the wheel of a truck that rolled off Highway 2, south of Moose Jaw, on Sunday night, leaving three men dead and three other men injured.

The single-vehicle crash happened at about 11:30 p.m., when the northbound Chevrolet Avalanche left the highway and rolled several times down an embankment.

RCMP said they believe alcohol was a factor in the crash, adding that at least some of the truck's occupants were not wearing seatbelts.

Of the six men aged 21 to 24 in the Avalanche, two were initially pronounced dead at the scene, two were flown to hospital by STARS air ambulance in critical condition and two were taken to Moose Jaw Union Hospital with non-life-threatening injuries.

One of the men airlifted to Regina General Hospital died from his injuries on Monday. RCMP confirmed he was 24 years old.

"Mostly, right now, we're still actively trying to track down next of kin," Sgt. Dean Bohlken of the Moose Jaw detachment told Metro, declining to give further details on the driver and passengers — including their hometowns.

"Until this investigation is finished and we have tracked everybody down, I'm not going to say anything about where they were working or anything."

Bohlken said Mounties are in a preliminary stage of the investigation and that they may not have an update for several days.

ALYSSA MCDONALD/METRO

Knife sought in stabbing case

Warman. 13-year-old boy appears in court, accused of attempting to kill 13-year-old girl

MORGAN MODJESKI
Metro in Saskatoon

RCMP are asking residents in Warman for help locating a knife used in a brutal stabbing of a 13-year-old girl on Friday night.

The girl, who can't be named publicly because of her age, was allegedly attacked at about 10 p.m. by a 13-year-old boy in an alley near her home in the small city just northeast of Saskatoon.

Officers were given the name of the suspect by the victim. Two hours after the attack, they located the boy who faces a charge of attempted murder.

Police explained on Monday that they're trying to determine a motive, though they said the two children know each other. Investigators are trying to find the weapon they believe was used in the stabbing.

"It's always important to find the weapon in a case like this," said Sgt. Warren Gherasim, who oversees the Warman RCMP detachment, noting the girl had been stabbed in the lower body, torso, arms and neck.

"It's probably the most crucial physical evidence that can link a suspect to a victim and tie an offence together, so I would say it's extremely important."

Counsellors at Prairie Spirit School Division, where both children are students, are helping youth and staff deal with emotional effects of the incident.

"We think being prepared to offer those supports (is) critical," John Kuzbik, director of education, said on Monday.

"When students come to your classroom door, we assume that they're ready to learn and if they're unsettled or they need a different type of support for the day ... and obviously this is a very tragic event, we are prepared to offer them what they need."

The accused made a brief appearance in Saskatoon provincial court on Monday and will be back in court on Tuesday morning.

Any member of the public who finds the knife is advised not to touch it and to contact police, RCMP said.

RCMP Sgt. Warren Gherasim speaks with reporters in Warman on Monday about the stabbing of a teenage girl.
MORGAN MODJESKI/METRO IN SASKATOON

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Tourism

Explore Regina heads to the World Wide Web

The popular tourist guide Explore Regina has a new online home.

ExploreRegina.com was unveiled on Monday during a press event at Wascana Place, with publisher Lorne Pavelick touting the website as an accessible complement to the widely distributed print edition.

"It is a definite step forward with respect to our business," Pavelick said of the website, which has been online since June.

"We wanted to be able to launch something that was robust and had depth."

The website is aimed at tourists and residents and offers consistently updated restaurant, nightlife and attraction listings as well as a detailed guide of housing opportunities.

In addition, local businesses and groups will be able to upload news on events to the website after registering online.

The website does not represent a shift away from print, according to Pavelick, who said demand continues to grow for the "hard copy" guides.

MARCO VIGLIOTTI/METRO

Publisher Lorne Pavelick touts the website as a complement to the print edition. MARCO VIGLIOTTI/METRO

Tackle Hunger

Rider fan donations beef up food bank

Although the Saskatchewan Roughriders lost their game on Saturday against the Toronto Argonauts, the Regina Food Bank scored a win.

Rider fans and food-bank volunteers donated the equivalent of 83,900 pounds of food — in non-perishables and cash contributions — at the game, which was chosen as the Purolator Tackle Hunger event for Saskatchewan.

The food haul is an increase of 44 per cent from last year's Regina donation game, which sponsoring firm Purolator holds annually in every CFL city.

The food bank welcomes donations year-round in its effort to fill the 10,000 monthly requests it receives. ALYSSA MCDONALD/METRO

Queen City gearing up for a one-time taste of NHL action

Brandt Centre. Calgary Flames to take on New York Islanders as players fight for roster spots

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The NHL is coming to the Queen City for one night this season, and one night only.

Reginans will get a chance to see an exhibition game on Tuesday night when the Calgary Flames take on the New York Islanders at the Brandt Centre.

Although it's only a pre-season tilt, Flames general manager Jay Feaster is trying to ensure that fans see some premiere action as up-and-coming players fight for spots on the Calgary roster.

"We are going to have players fighting for jobs, and any time you have that, the level of competition is really good," Feaster told Metro on Monday, adding that the Islanders are in the same boat.

Jerry Senko, vice-president of events and entertainment at Evraz Place, said a buzz is growing about the game.

"People are happy there is an NHL game here. Most people are excited to come … to have it in our backyard," said Senko.

"A good hockey fan will watch (the game) and go, 'I think he should make it, and maybe not him.' It gets them going for the NHL season."

Pre-season action comes at a price, with tickets going for about $90 to $150. However, Evraz Place has announced a "Saskatchewan sports fan offer" that allows holders of tickets for Roughriders, Pats or Thunder games to receive two tickets for a total of $99 for the Flames-Islanders contest.

One to watch

"I'm confident the fans won't be disappointed."

Flames general manager Jay Feaster

The Oilers' Gregory Chase, right, misses a check on the Flames' Emile Poirier during the second period in Calgary on Saturday. JEFF MCINTOSH/THE CANADIAN PRESS

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Quebec's Charter of Values is doomed, Harper predicts

Controversial proposal. PM notes that despite PQ's efforts, proposed ban on religious garb has less than stellar support within province

Prime Minister Stephen Harper has predicted that the Parti Quebecois' controversial values charter will fail because of opposition within Quebec.

Harper made his first remarks since the Quebec government released a plan last week that would bar people with religious headwear from working in the public service.

Harper was asked Monday about the controversial proposal, following the release of a poll on the subject.

"I do not see the charter in its current form going anywhere," Harper said. "I think the common sense of Quebecers will force this towards a reasonable conclusion."

Despite the PQ's efforts to turn the debate into a Quebec-versus-Canada squabble, Harper noted that the support is also less than stellar within Quebec.

Harper pointed out that none of the other three parties in the Quebec legislature supports the plan in its current form. He was speaking after the release of a poll that suggested a split in public opinion — although the response specifically from francophones was 49 per cent support for the PQ plan, 34 per cent opposed and 17 per cent refusing to answer.

That finding suggests a notable shift from similar polls before the plan was formally introduced, when a crushing majority had expressed support for a charter like the one the PQ proposed. THE CANADIAN PRESS

The Harper government has promised to intervene legally if it determines the PQ's values charter violates fundamental rights. JONATHAN HAYWARD/THE CANADIAN PRESS

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$1 million. RCMP kept quiet on long-gun costs with info in hand

The RCMP repeatedly stonewalled media inquiries for months about the price tag for destroying the federal long-gun registry data, even though the force had a full cost estimate in hand.

The Mounties had a detailed breakdown more than a year ago that showed fulfilling the Conservative promise to kill the registry would cost about $1 million.

A presentation laying out the plan and its costs was provided under an Access to Information request following an 11-month delay.

In the meantime, RCMP officials refused to answer questions about whether any such costing had been done, saying only that any spending related to the registry's destruction would come out of the force's own budget.

NDP justice critic Francoise Boivin says the RCMP's handling of the file calls into question whether its communications can be trusted on bigger issues — including the current Senate investigation of improper expense claims.

"They should have volunteered this (information) showing how much it cost. Instead, by stonewalling they make us think the worst," Boivin said in an interview.

There seems to be "some type of unwritten law of silence" across the Harper government, but secrecy on routine matters by the Mounties is particularly damaging, Boivin said.

"It's sad when it comes from an agency like the RCMP that is there to uphold the law. They're supposed to be leaders in this society on how to behave well," she said.

"How can we trust them with bigger files? Can we trust that they will do the inquiry well on the Senate, on any other thing? It's understandable that we have doubts."

The RCMP did not respond to a request for comment but a spokesman for Public Safety Minister Steven Blaney reiterated in an emailed response that the data destruction "involved no additional costs to the taxpayers."

THE CANADIAN PRESS

Sexist tweets

Three firefighters turn fired-fighters

Three Toronto firefighters have lost their jobs over inappropriate comments made on social media.

Toronto Fire Chief Jim Sales says the firings are the result of an internal investigation launched after a media report in August said two firefighters posted sexist messages on Twitter.

Sales says those two firefighters along with a third have now been let go after the probe discovered "significant findings" of inappropriate social media use and public comments that ran afoul of city policies. THE CANADIAN PRESS

320 km per charge

GM working on cheaper electric car that goes farther for less

As automakers race to make cheaper electric cars with greater battery range, General Motors is working on one that can go 320 kilometres per charge at a cost of about $30,000, a top company executive said.

THE ASSOCIATED PRESS

UN: 'Convincing evidence' of chemical attack in Syria

Inspection. Still not clear who's to blame as war crimes panel says they're investigating 14 suspected attacks

Careful not to blame either side for a deadly chemical weapon attack, UN inspectors reported Monday that rockets loaded with the nerve agent sarin had been fired from an area where Syria's military has bases, but said the evidence could have been manipulated in the rebel-controlled stricken neighbourhoods.

The U.S., Britain and France jumped on evidence in the report — especially the type of rockets, the composition of the sarin agent, and trajectory of the missiles — to declare that President Bashar Assad's government was responsible.

Russia, Syria's closest ally, called the investigators' findings "deeply disturbing," but said it was too early to draw conclusions. The Syrian government's claims that opposition forces were responsible for the attack "cannot be simply shrugged off," Russian Ambassador Vitaly Churkin insisted.

The conclusions represented the first official confirmation by impartial scientific experts that chemical weapons were used in Syria's civil war, but the inspectors' limited mandate barred them from identifying who was responsible for the Aug. 21 attack.

"This is a war crime," UN Secretary-General Ban Ki-moon told the Security Council. "The results are overwhelming and indisputable. The facts speak for themselves."

Ban called it "the worst use of weapons of mass destruction in the 21st century."

The deep division between Western backers of rebels seeking to overthrow Assad and Russian and Chinese supporters of the regime has paralyzed the UN Security Council since the Syrian conflict began 2 1/2 years ago.

Even though the United States and Russia agreed Saturday on the framework to put Syria's chemical weapons stockpile and precursors under international control for future destruction, their top diplomats were at odds Monday over a new Security Council resolution that would make the deal legally binding — and whether there should be a reference to possible military enforcement if Syria doesn't comply.

In Geneva, the chairman of a UN war crimes panel said it is investigating 14 suspected chemical attacks in Syria, dramatically escalating the stakes. Paulo Sergio Pinheiro said the panel had not pinpointed the chemical used or who is responsible. THE ASSOCIATED PRESS

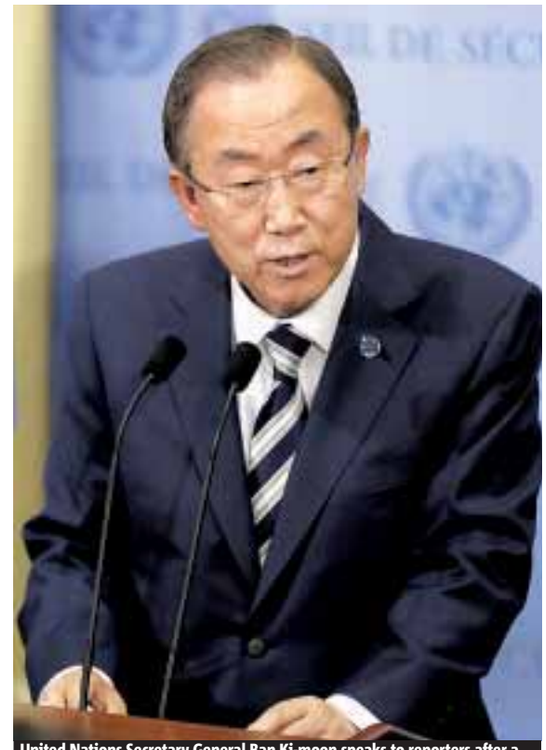
Wandering helicopter

Turks down Syrian pilots

A Turkish fighter jet shot down a Syrian military helicopter on Monday after it entered Turkish airspace and ignored repeated warnings to leave, an official said.

The helicopter strayed two kilometres into Turkish airspace, but crashed inside Syria after being hit by missiles fired from the jet, Turkey's deputy prime minister, Bulent Arinc, told reporters.

Arinc said he did not have any information on the fate of the Syrian pilots, but Rami Abdul-Rahman, director of the Syrian Observatory for Human Rights, said rebel fighters captured one of the pilots, while the fate of the other one was unclear.



United Nations Secretary General Ban Ki-moon speaks to reporters after a Security Council meeting about Syria. UN inspectors said Monday there is "clear and convincing evidence" that chemical weapons were used on a relatively large scale in an attack last month that killed hundreds of people. SETH WENIG/THE ASSOCIATED PRESS

Spain

Alleged al-Qaida recruiter arrested

Spain's Interior Ministry says police have arrested the suspected leader of a terrorist recruitment network that allegedly sent militants to carry out attacks for al-Qaida-linked groups in Syria.

A ministry statement said Spanish citizen Yassin Ahmed Laarbi was arrested Monday in the Spanish north African enclave of Ceuta.

THE ASSOCIATED PRESS

Japan

Ferocious typhoon downgraded

A powerful typhoon that lashed Japan with torrential rains, leaving two dead, was downgraded to a tropical storm Monday, although it was still dumping rain on parts of the country.

Officials said Typhoon Man-yi damaged homes and flooded parts of the country's popular tourist destination of Kyoto, where 260,000 people were ordered to evacuate to shelters.

THE ASSOCIATED PRESS

Mexico. At least 33 dead after two tropical storms cause flooding, landslides

Tropical Storm Ingrid and the remnants of Tropical Storm Manuel drenched Mexico's Pacific and Gulf coasts with torrential rains Monday, flooding towns and cities, cutting off highways and setting off deadly landslides in a national emergency that federal authorities said had caused at least 33 deaths.

The governor of the Gulf Coast state of Veracruz announced Monday afternoon that 12 people had been killed when a landslide hit a bus travelling through the town of Altotonga, about 40 miles northwest of the state capital. Gov. Javier Duarte said the death toll could grow as bodies were recovered.

More than 23,000 people have fled their homes in the state due to heavy rains and 9,000 are in emergency shelters.

The heaviest blow Sunday fell on the southern coastal state of Guerrero, where Mexico's government reported 14 confirmed deaths. State officials said people had been killed in landslides, drownings in a swollen river and a truck crash on a rain-slickened mountain highway.

THE ASSOCIATED PRESS

Floodwaters rage after the Huacapa River overflowed due to heavy rains caused by Tropical Storm Manuel in Mexico. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

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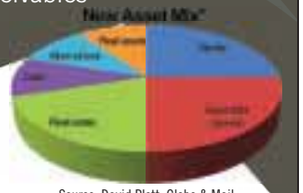

Source: David Plett, Globe & Mail

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Copyrighting a polar bear

In this 2007 photo, Knut, the polar bear cub, has his first public appearance in the Berlin Zoo. On Monday, a European court upheld the zoo's copyright claim against a British firm that sought to market products under the name "Knut — Der Eisbaer," which is German for "Knut — The Polar Bear." The court ruled that British company Knut IP Management Ltd.'s product-line name too closely resembled the Berlin Zoo's earlier trademarked brand Knud, and could confuse consumers looking to purchase merchandise related to the zoo's most famous animal. Knut was hand-raised after his mother rejected him. He rose to stardom in 2007 as a cuddly cub, appearing on magazine covers, in a film and on mountains of merchandise. He died in 2011 after suffering from encephalitis. THE ASSOCIATED PRESS FILE

Cape Canaveral, Fla.

Cargo ship makes debut run to ISS

A Virginia company makes its debut this week as a space station delivery service, and the lone American aboard the orbiting lab is counting on a fresh stash of chocolate. NASA astronaut Karen Nyberg said she can't wait for this weekend's arrival of a new cargo ship named Cygnus. It will be the first shipment by Orbital Sciences Corp. to the International Space Station.
THE ASSOCIATED PRESS

Tehran

Iran could send cat into space

Iran's hunt for its next animal astronaut may turn to the distinctive and locally named Persian cat, an official said Monday, in another possible step by the country's ambitious aerospace program that has also raised Western concerns about spillover military applications.
THE ASSOCIATED PRESS

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Bombardier's CSeries jet has inaugural flight

Test run. Narrow-body plane's 'game-changer' engine is touted as quieter, fuel-efficient

Bombardier CEO Pierre Beaudoin, right, with commercial aircraft chief Mike Arcamone after the CS100 test flight on Monday. THE CANADIAN PRESS

Bombardier's CSeries aircraft completed its maiden flight Monday, in a successful test run of a new narrow-body airplane design that promises to support Canada's aerospace sector while challenging the dominance of the industry's two giants.

Nearly 3,000 employees, suppliers and invited guests cheered as the gleaming CS100 plane quietly lifted off the runway at Mirabel airport north of Montreal. It landed about 2 1/2 hours later after flying across the Lower Laurentians and conducting a fly past.

The company's test pilot left the airplane waving and lauding the aircraft's performance. "It flew very well," said Chuck Ellis.

"It's a bit of a cliché but it really did fly pretty much like our predictions, like the simulators, the models that we have," he said later during a news conference.

Mike Arcamone, president of Bombardier commercial aviation, said the flight will help to convince potential customers of the aircraft's value. The company faces determined competition from industry giants Airbus and Boeing that are putting new engines on their popular planes to preserve their market share. Embraer is also updating its E2 family of jets.

"I think it will get even more competitive as people have seen across the world that there is an aircraft and it's an aircraft that is fulfilling its mission which is to be a game-changer in terms of the engine," he told reporters. The Pratt & Whitney engine promises to be quieter and help it to deliver fuel cost savings.

Earlier, senior company executives hugged after the aircraft successfully took off, nearly a decade after it was first introduced and following several delays over nearly nine months.

Company chairman Laurent Beaudoin and his son Pierre, the president and chief executive, said they were very pleased with the inaugural flight.

"It's very important for us and the aerospace industry," the elder Beaudoin said in an interview in between hugs of congratulations and photos with employees.

THE CANADIAN PRESS

Canadian-designed

- Bombardier aerospace president Guy Hachey said the CSeries is the world's first new narrow-body design in 27 years. It's also the first major Canadian-designed aircraft since the Avro Arrow.

Wireless

Bell cuts price of U.S. roaming

Bell Canada says its mobile customers travelling in the U.S. will be able to pay lower fees for their roaming packages. The company said it's making the change in response to consumer feedback over the summer, and that the 30-day U.S. travel bundle, which formerly cost $50, will be reduced to $25 for a specified amount of call minutes, texting, web usage and other data.

THE CANADIAN PRESS

Market Minute

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Natural gas: $3.74 US (+6¢)
Dow Jones: 15,494.78 (+118.72)

Ads. Canadians bored of action plan, survey finds

The home page for the website of Canada's Economic Action Plan is shown in a screen grab from 2011. THE CANADIAN PRESS

Canadians tuned out another series of slick, taxpayer-funded Economic Action Plan ads that filled the airwaves in the spring, a new survey suggests.

Radio and TV spots appeared in late March to coincide with the release of the 2013 federal budget, but an internal poll of 2,009 adults indicates the action plan brand remains tarnished.

The Harris-Decima survey found 38 per cent were happy with the Conservative government's performance, the lowest level among the 10 such polls conducted since April 2009, when the first wave of action plan ads was released.

The number of people who did something as a result of seeing the ads registered at seven per cent, little changed from the six per cent for the winter ad campaign. The levels are sharply down from a peak of 25 per cent in 2009, when a popular home-renovation tax credit caught the attention of homeowners across the country. THE CANADIAN PRESS

Pricey campaign

$100M

The Harper government has spent well in excess of $100 million on Economic Action Plan promotion over the last four years.

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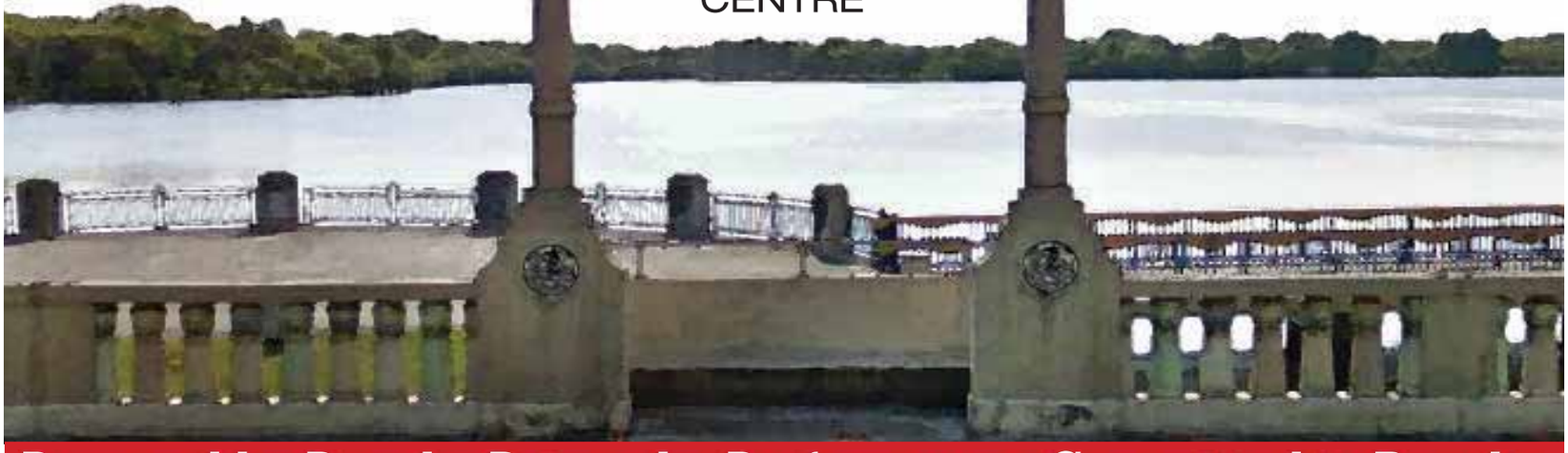
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FALL FASHION ON A SHOESTRING

SHE SAYS

Jessica Napier
metronews.ca

I'm not a fashion writer; I don't know how to theorize about textures or what makes one designer more important than another. But I do take a recreational interest in the clothes I put on my body.

Since I recently bought a new home I now have a mortgage, which in turn means I no longer have a clothing budget. Rather than investing in new designer wares for the season, I've been watching various international fashion weeks unfold through the eyes of stylish Instagram users and taking notes on how to wear my existing clothes in new ways.

And so, inspired by the world of impossibly high-heeled fashion bloggers, here are a few easy wardrobe tweaks to help you look as if you're strutting between runway shows rather than dashing from the office to your local Tim Hortons.

Sleeves are so passé. It's getting cold out there, but if you're still putting your jacket on properly then you're doing it wrong. Rather than slipping into your sleeves, adopt the style de rigueur and casually drape your outerwear over your shoulders instead. A slung-jacket will guard you from the cold (kind of) but is incredibly difficult to maintain unless you keep your elbows glued to your rib cage. To prevent your coat-as-cape from slumping to the ground, remember that this sophisticated look is best worn while standing perfectly still and away from any crowds or strong gusts of wind. Caution: this style is not compatible with purses, cell phone use, public transit or any sort of arm movement.

Hot to crop. Crop tops made a valiant return this summer and the trend is sticking around for fall with a few additional layers to offset the chill brought on by a bare midriff. But there's no need to spend $50 on a half a shirt when you can take a DIY approach instead. If you've got a pair of scissors, then you've got yourself a closet full of crop tops.

All white everything. Head-to-toe white is officially a thing now which means you don't have to stow away half your wardrobe once Labour Day has come and gone. Technically, winter white should be more of a creamy shade, but budget conscious individuals can simply repurpose their existing white jeans by trading boat shoes for boots. Keep in mind, there is a definite expiry date on any monochromatic white ensemble. Pale bottoms should be retired for the season once the snow begins to fall unless you fancy a grey slush splatter print creeping up the back of your legs.

Cap it all off. Every good Canadian owns at least one toque and finally the rest of the world is catching up with us. Now that these effortlessly cool knits have made the leap from skating rinks to street style, it's time to dig through that collection of slouchy caps hiding at the back of your closet. Not only are colourful toques a playful way to update your outfit, you'll also get bonus points for actually being practical in colder temperatures. Fashion and function together at last.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Shipwreck wrested from reef

MARCO SECCHI/GETTY IMAGES

Parbuckling begins on Costa Concordia

The parbuckling project to raise the stricken Costa Concordia continued Monday in Isola del Giglio, Italy. Efforts are underway to right the vessel, which sank on Jan. 12, 2012.

If the operation is successful, it will then be towed away and scrapped.

GETTY IMAGES

Captain on trial

- The Concordia's captain is on trial on the mainland for alleged manslaughter, causing a shipwreck and abandoning the ship during the chaotic and delayed evacuation. Capt. Francesco Schettino claims the reef wasn't on the nautical charts for the liner's cruise.

Submerged side damaged by sea

Images transmitted by robotic diving vehicles indicated that the submerged side of the cruise ship's hull had suffered "great deformation" from all its time on the granite seabed, battered by waves and compressed under the weight of the ship's 115,000 tons, engineer Sergio Girotto said.

THE ASSOCIATED PRESS

Largest vessel to undergo manoeuvre

The operation, known in nautical parlance as parbuckling, was used on the USS Oklahoma in 1943 after the Japanese attack on Pearl Harbor. But this 300-metre vessel is the largest cruise ship ever to capsize and subsequently require the complex rotation. THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Finally, hashtag haters, you've been heard. From journalists to marketers, hashtag abusers wreaking havoc on social media are being hushed and over-hashtagging is slowly coming to a halt. But Rome wasn't built in a day, and ridding the information superhighway of gratuitous tags takes time. Here's hoping we can hurry the process just a little. Presenting, the hashtag hall of shame.

#Yum #Mmmm:
I'm sorry to tell you, but pretty much no one cares what you're eating. Even if you use a filter and it looks like a Rachel Ray creation.

#SorryNotSorry:
Obviously you're not sorry, so why bother with the apologetic tease?

ISTOCK

#FirstWorldProblems:
Complaining about Timmies' cup design just makes you sound ignorant to actual injustices around the world.

#yolo:
Just don't. Seriously. Don't.

Twitter

@metropicks asked: Giant jellyfish swarm Japan's coast as numbers rise. If there were a film, what would be the title?

@8zenuf4me: They must be jelly, because clams don't shake like that.

@LegendaryAres: Got Jelly?

@mubnii: "I don't think you're ready for this Jelly"

@Ducks_own: The Art of Man-of-War.

@DonaldTietz: don't worry the radiation will kill them or make them grow to the size of a house.

@Canucklehead_ca: Jellraiser IV: The Jellyfish Take Japan.

@Stephycool16: Japan's Giant Jellyfish problem

@DariaTuhtar: Jellyfishnado.

@8zenuf4me: Global swarming of jellyfish: Do they come in lime flavor?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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DVD reviews

Iron Man 3

Director. Shane Black

Stars. Robert Downey Jr., Gwyneth Paltrow, Don Cheadle

●●●○○

Robert Downey Jr.'s brainiac billionaire Tony Stark calls himself a "piping hot mess," which also describes this third Iron Man saga: a smoking heap of chuckles and knuckles, set to the ring of Jingle Bells and the clang of iron suits and war machines. Stark suffers anxious flashbacks of last year's The Avengers tussle while at the same time cockily daring this year's super villain, a terrorist called the Mandarin (Ben Kingsley), to bring it on, GWB style. The taunt brings fire to Stark's Malibu pad, but Iron Man 3 actually begins on New Year's Eve 1999, as Stark meets two players who will later demonstrate what "karma" means: sexy botanist Maya Hansen (Rebecca Hall) and frantic nerd Aldrich Killian (Guy Pearce). Jump to 2013 and Stark is dealing with as many challenges and threats as writer/director Shane Black (and co-writer Drew Pearce) can stuff into their Plot-a-Matic machine, which includes a fly-apart Iron Man outfit that acts as visual shorthand for Tony's fractured psyche. He's as arrogant as ever, but reluctant to suit up. We need to remind ourselves that this is a comic book movie, where logic stops for popcorn. On this basis, Iron Man 3 offers a few twisted pleasures. Extras include deleted and extended scenes, a commentary by Black and Pearce, a gag reel and several making-of featurettes.

PETER HOWELL

Ross Mathews got a boost from Chelsea Handler, who is executive producing his new talk show, Hello Ross. THE ASSOCIATED PRESS

Living a superfan's dream

Hello Ross. When it comes to celebrity obsession, Ross Mathews is king — and he's got his own show to prove it

With his high-pitch voice, infectious giggle and encyclopedic knowledge of pop culture and entertainment, TV personality Ross Mathews has broken into the in-crowd of Hollywood.

After starting out as Ross the Intern on The Tonight Show, he now counts Gwyneth Paltrow and comedian Chelsea Handler as friends.

Handler is also his boss. She frequently uses him on her round table of commentators on E!'s Chelsea Lately. Now she's executive producing Mathews' own talk show called Hello Ross, airing Fridays on E!

"This really is the show that I always wish existed as a superfan myself," the 33-year-old said in a recent interview.

Hello Ross is different from Chelsea Lately. Handler's show specializes in snark, taking swipes at the latest celebrity gossip. Her interviews tend to knock stars down a few pegs, but Mathews is looking to build them back up on Hello Ross. It's an interactive experience where he both conducts interviews and also helps connect fans with their favourite entertainers.

Celebrities can be tough interviews because they're so rehearsed. And here you come and you're so happy and excited. Has that helped or hurt you?

Being a superfan in a town where a lot of times these interviews are mapped out with talking points, I think it's worked in my favour in terms of you catch people off guard with the energy and the knowledge that I have. It's led to some spontaneous moments.

You love celebrities but you've become one in your own right. What's that like?

I get to go into the parties and I pretend like I'm not freaking out and then I get into my car and I scream and I call my mom and say, "O-M-G, guess who was at the party and guess what they ate and how many chicken fingers they had?" Because I was counting.

You grew up in a small town, Mount Vernon, Wash., loving showbiz from afar. Did people then think you were destined for fame?

Growing up, you know, wanting to do this and being what I am, which is like this cartoon version of like a gay person with a big voice and a high pitch, there were a lot of people who told me, "It's probably not gonna happen for you. Broadcasting? It's probably not the way you should go." I'm lucky.

THE ASSOCIATED PRESS

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Jessica Timberlake

I'm bringing tradition back: Jessica takes on the Timberlake name

Get used to saying "Jessica Timberlake," as Jessica Biel has officially changed her name nearly one year after marrying Justin Timberlake. "It's official. The paperwork is done and she's now legally Jessica Timberlake," a source confirms to Life & Style. The actress will still use her maiden name for professional purposes, though, so don't expect to see Jessica Timberlake on any movie posters anytime soon.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spears heads to the strip for a six-figure-a-day salary

THE WORD
Dorothy Robinson
scene@metronews.ca

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip club-like show," per producers. Her pay out is a cool $310,000 per show with the starlet performing 48 shows a year.

The final pay out will be around $15 million a year, per TMZ.com. In May, Spears talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The (Vegas) performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

Jen says Ben is handling hecklers like a superhero

Complain all you want about Ben Affleck being cast as the next Batman, he can take it. In fact, to hear his wife, Jennifer Garner, tell it, the couple likes to laugh at some of the more outrageous online reactions to the news — or at least she does. "I'll send him stuff and I'll say, 'Come on, this is a good one,'" Garner tells Metro World News. As for sparing Affleck's feelings, Garner says not to worry about it. "Look, he's a grown-up, he's been around a long time. He's a pretty tough guy. You don't take one of these jobs expecting anything else," she says.

Jennifer Garner and Ben Affleck

Twitter

@AlbertBrooks
How can we attack Syria without giving Dennis Rodman a chance?

@pattonoswalt
Did Elton John ever rate any of the other nights in terms of fighting? Thursday? Alright? So-so?

Regina Referendum

Wednesday, September 25, 2013

Residents have the opportunity to vote on the construction, financing, operation and maintenance model of the City of Regina's Wastewater Treatment Plant.

The yes-or-no question on the ballot will read;That the Council of the City of Regina publicly finance, operate and maintain the new wastewater treatment plant for Regina through a traditional Design, Bid, Build (DBB) approach.

Polling information
- Polling locations will be available throughout the city on September 25 from 9 a.m. to 8 p.m.
- Residents can find their poll location at **ReginaReferendum.ca**.

Advance polls
Advance polls will be offered on September 21 from 10 a.m. to 5 p.m. at:
- The Golden Mile Shopping Centre
- Northgate Mall
- Normanview Landing
- Victoria Square Mall

Mail-in ballot opportunities will be provided to eligible voters. Applications for mail-in ballots must be made in person at the Referendum Office at City Hall, 2476 Victoria Avenue.

Two pieces of identification are required to vote.

Visit **ReginaReferendum.ca** or call 306-777-7000 for all your voting information.

Dolce & Gabbana with gradient polar lenses is a good starting point when switching to these kinds of sunglasses. CONTRIBUTED

It's time to upgrade to polarized sunglasses

End of summer. Just because the weather is getting cooler doesn't mean you don't still have to be concerned about your eye care

JULIE KAYZERMAN
Metro World News

With light constantly reflecting off of surfaces like water or cars, regular sunglasses just aren't enough to protect our eyes from harmful bouncing UV rays.

The good news is polarized lenses can block light from getting into your eyes and keep you looking younger.

"The huge benefit is that it does reduce that glare," says Kristen McCabe, vice-president of product at Sunglass Hut.

"If you don't have polarized lenses, even if (your shades are) tinted, the light will still pass through. So when the light is getting into your retina, you squint, which can create premature wrinkles. Polarized lenses not only help you see better, but over time they help you look better, too."

What is polarization?

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

Ray-Ban Aviators are the most common polarized lense. CONTRIBUTED

Prada with oversized gradient polar lenses. CONTRIBUTED

How do they work?

"Polarized glasses have special lenses that deflect sun, allowing for a reduction in glare and increased visibility."

McCabe's Picks

For your first pair of polarized frames, Kristen McCabe, vice-president of product at Sunglass Hut recommends a classic like the Ray-Ban aviators.

- **Quote.** "It's such a great versatile shape that's appropriate for every occasion, so that's a real investment piece that you can wear for years."
- **Dolce & Gabbana with gradient polar lenses.** "Gradient lenses are just a little bit softer, more feminine looking."
- **Prada with oversized gradient polar lenses.** "It's an oversize, kind of edgy oval look (offering) that iconic Prada logo."

What is polarization?

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

Kristen McCabe
Vice-president of product at Sunglass Hut.

Elisha Dacey

Half Off check-in: A bump in the road

Two weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert.

Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

There have been a few recent bumps ("all part of life," says Dacey) including gallbladder surgery, her daughter starting school and an upcoming move into a new house.

"But I'm determined not to go off course," she says. "I'm trying really hard."

While her home exercise program is on hold, there are still ways to be active.

"In fact, the surgery was a good life event to learn how to prepare knowing that she's not going to be able to lift weights," says Cieciwa.

With the doctor's OK, he wants her to do a 30-minute walk twice a day.

"Depending on weather and fatigue, that's my target and I've walked every day since the surgery," says Dacey.

Some days grocery shopping counts as one walk.

Albert suggested stocking her kitchen with easy-to-prepare food choices.

Albert added that when life presents seemingly insurmountable hurdles, you double down.

"I tell people to start small and create habits that help you focus on the positive."

For example, journal at the same time every day and write down three good eating choices and one bad — if there is one.

For other healthy ways to get unstuck, visit metronews.ca/voices/half-off.

For those following along at home, don't stop doing the home exercise program.

A downloadable version can be found at the above link.

Learn how to do the exercise with Dacey by following the exercise demo videos.

YLVA VAN BUUREN/ FOR METRO

Creamy soup without cream or butter? Thank us later

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This great tasting Asparagus and Leek Soup doesn't use butter or cream. The potato adds the creamy texture without the fat and calories.

1. Trim asparagus; cut stalks into pieces and set tips aside.

2. In nonstick saucepan, heat oil; sauté garlic, onion, leeks and asparagus stalks until softened, approx. 10 minutes.

3. Add stock and potato; reduce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Purée in food processor until smooth. Taste and adjust seasoning with salt and pepper. Return to saucepan.

4. Steam or microwave reserved asparagus tips just until tender; add to soup. Serve sprinkled with Parmesan cheese.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY: ROSE REISMAN

Per serving

98 calories, 6 g protein, 3 g fat, 13 g carbohydrates

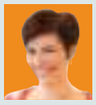
Ingredients

- 3/4 lb asparagus
- 1 1/2 tsp vegetable oil
- 1 tsp crushed garlic
- 1 cup chopped onion
- 2 leeks, sliced
- 3 1/2 cups chicken stock
- 1 cup diced peeled potato
- Salt and pepper
- 3 tbsp grated Parmesan cheese

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Health Solutions

Shoots, sprouts and leaves



NUTRI-BITES
Theresa Albert DHN, RNCP
myfriendinfood.com

Remember when alfalfa sprouts were the stuff of hippies and all the rage? Talk to Roy and Ginny Stewart Love of Roy'L Acres Farm in Grey Highlands in Ontario and they will tell you micro greens are the new "sprouts".

Micro greens are actually grown in soil so the downside and danger of the anaerobic E. coli and salmonella of sprouts started in a closed container can't happen. These babies are simply the beginnings of the whole vegetable.

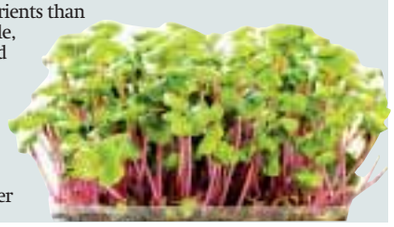
Loaded with four to six times more nutrients than the full vegetable, trays of peas and beet greens are often used as decor before being snipped into salads and sandwiches.

You will never find a fresher, more nutrient dense vegetable than one that was snipped seconds before it landed on your tongue.

What to look for in micro greens:

- Can't buy these artisanal treats at the grocery store? You will have more luck at small markets,100 mile markets and farmers markets.
- Aim for fresh, bright, perky leaves throughout.
- Try varieties like: popcorn shoot, various mustards, purple kohlrabi, kale, chervil, cilantro, radish, arugula shoots, flax microshoots, fenugreek sprouts and the all familiar wheatgrass.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Goodness of green juice cooked into a hearty meal

1. Heat the oven to 400 F.

2. In saucepan over medium, heat 1 tablespoon of oil. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cook, stirring for 1 minute. Add potatoes, 4 cups of the stock and wine. Bring to boil, cover pan and simmer for 10 minutes.

3. Add kale, cover pan, then simmer another 10 minutes. Add spinach and pepper flakes, cover, and simmer 5 minutes.

4. Working in 2 batches, transfer 3 cups total of soup solids, with little added broth each time, to blender and purée until smooth. Be careful, hot foods expand in blender. Return purée to the saucepan, add salt to taste and the additional cup of stock if necessary to achieve the desired texture. Heat until hot.

5. Meanwhile, set wire rack over rimmed baking sheet. Arrange prosciutto slices in a single layer on the rack, then bake on oven's middle rack 12 minutes, or until they begin to crisp. Remove rack from sheet pan and set it on counter to let the prosciutto cool. When cool, crumble the prosciutto.

6. Arrange the baguette slices in single layer on the sheet pan and brush them with the remaining tablespoon of olive oil. Bake them on the oven's middle shelf until golden brown, 8 to 10 minutes. Sprinkle the grated cheese evenly over them, return the slices to the oven and bake until the cheese is just melted, 1 to 2 minutes.

7. To serve, ladle the soup into 4 bowls, then top each portion with some of the prosciutto crisps and 3 toasts on the side.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 2 tbsp extra-virgin olive oil, divided
- 1 cup finely chopped onion
- 1 tbsp minced garlic
- 1 lb Yukon gold (or other thin-skinned potatoes), cut into 1-inch chunks
- 4 to 5 cups low-sodium chicken or vegetable broth
- 1/2 cup dry white wine
- 6 cups torn kale leaves
- 6 cups baby spinach leaves
- 1 tsp red pepper flakes, or to taste
- Salt
- 1/4 lb thinly sliced prosciutto
- 12 1/2-inch-thick diagonally cut slices of baguette
- 1/2 oz finely grated Parmigiano-Reggiano cheese

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Lunch. Shiitake-Ginger Soup with Garlic Pork

1. In zip-close plastic bag, combine the pork medallions, garlic and 1 tablespoon of the vegetable oil. Shake to coat evenly, then refrigerate for at least 2 hours and up to overnight.

2. When ready to cook, in a large saucepan over medium-high, heat the remaining 2 tablespoons of vegetable oil. Add the mushrooms and onion and cook until lightly browned, stirring frequently, about 10 minutes. Add the pork and garlic from the bag, along with the chicken broth. Bring to a boil, then reduce to a simmer, cover, and cook for 30 minutes.

3. Use a slotted spoon to transfer the pork to a plate. Using 2 forks, shred the pork pieces, then return the meat to the pot. Add the ginger and bring to a boil. Add the noodles and cook until tender, about 4 minutes. Stir in the scallions and adjust the seasoning with salt and pepper. THE ASSOCIATED PRESS

Ingredients

- 1-lb pork tenderloin, cut into 1-inch medallions
- 4 cloves garlic, minced
- 3 tbsp vegetable oil, divided
- Two 6-oz containers shiitake mushrooms, stalks discarded, sliced
- 1 large yellow onion, sliced
- 6 cups (1 1/2 quarts) low-sodium chicken broth
- 2 tbsp grated fresh ginger
- 6.2 oz soba noodles (two-thirds of a 9.3-oz package)
- 3 scallions, sliced
- Salt and ground black pepper

Kids' CDs even parents will like

Reasons Mommy Drinks. Set fire to that Mickey Mouse Clubhouse album and turn to these 5 gems of musical genius

Real talk. Most children's albums were designed to make parents curl up into a hole and die.

Saccharine and repetitive, they also contain subliminal messaging that instruct children to "cry, scream and throw things in moving vehicles unless you play said album on repeat at loud volumes."

Don't worry, we've culled the hit list down to five albums you might even, gasp, enjoy.

So set fire to that Mickey Mouse Clubhouse CD and hit up iTunes for these gems of jammin' genius.

1. For the Kids.
A three-album compilation by various adult artists, including Canuck crooners Sarah Harmer, The Barenaked Ladies, Sarah McLachlan and Canada's pre-Chavril pop sweethearts Chantal Kreviazuk and Raine Maida. Hooray for Can-Con! Bonus: A portion of the proceeds go to charity. How can you NOT check it out?

2. Jack Johnson Curious George Soundtrack.
It's mellow, catchy and will bring you back to Birkenstock-wearing summers of times past. Chillax, kids.

3. They Might Be Giants No!
Tracks like Robot Parade may actually have you singing along. Ironic and random, kids won't get the level of humour mommy and daddy will take from it.

Not all children's albums will make your ears bleed. ISTOCK

4. Various rad artists, Schoolhouse Rock Rocks.
Dropped in the mid-'90's, bands like Blind Melon and Moby sing old school hits like Three is a Magic Number. Yeah, it is now.

5. Bob Marley Greatest Hits.
Apparently reggae has the same RPMs as a heartbeat and children, especially babies, find it very soothing. Pass the iPod on the left hand side.

FOLLOW AUTHORS LYRANDA MARTIN EVANS AND FIONA STEVENSON @MOMMYREASONS AND PICK UP THEIR NEW BOOK, REASONS MOMMY DRINKS, IN BOOKSTORES NOW.

How smartphones are changing the way Canadians go shopping

Experts predict by 2014 more local searches will come from smartphones than any other computing device. ISTOCK

Rise of mobility. Today consumers compare prices, make reservations and interact online — over their mobile device

A recent study by market research company eMarketer revealed that more than 10 million Canadians were smartphone owners in 2012.

Mobile devices are eating into personal computing in a big way, and experts predict that by 2014 more local searches will come from smartphones than any other computing device, drastically changing the way people shop and locate information.

Digitization has become a societal issue for small businesses and consumers alike.

"Today, people compare prices, make reservations and interact online to make sure they are getting the biggest bang for their buck and share their shopping experience," says Matthieu Houle, director of digital consumer experiences for Yellow Pages Group.

Tools such as mobile analytics allow businesses to learn from every interaction and predict where, when and how people are most likely to make their next purchase.

A mobile environment allows consumers to connect with the brand. That's why a creative and simple design is key. At the very least, a mobile site that stems from a business's main web page is mandatory. With a site that's optimized for mobile, customers can access a business's important contact information from anywhere.

"Mobile applications, which an increasing number of people are using to optimize their search, take the experience one step further," says Houle.

"Businesses can also optimize their offerings thanks to contextual information or personalization based on data taken from past experiences and individual preferences. For instance, if it rains, maybe your local store runs a mobile campaign offering a special on umbrellas helping match their services with current needs."

Not just a number

"Through interactive mobile sites and search applications, shoppers have easy access to reviews and opinions, meaning every customer experience counts."
Matthieu Houle, director of digital consumer experiences for Yellow Pages Group

As people continue to use an ever-increasing number of devices to get online, digital marketing companies are offering more and more multi-device marketing solutions and are making these options accessible for small businesses.

Local organizations, for which every dollar counts, greatly benefit from these kinds of marketing tools, which help them stand out from the competition and attract customers. NEWS CANADA

The Regina Pats practised Monday afternoon at the Brandt Centre in preparation for their first regular-season game Thursday against the Swift Current Broncos.
MARCO VIGLIOTTI/METRO

Pats pumped for season opener against Broncos

WHL. Coach declines to speculate if pair of highly touted forwards will return from NHL training camps in time for Thursday's game

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The stage is set.

After a gruelling few weeks of training camp, the Regina Pats will open up the 2013-14 WHL season Thursday night when they host the Swift Current Broncos at the Brandt Centre.

"The excitement of playing here and opening the WHL here at home, I think the guys will be ready," Pats head coach Malcolm Cameron said Monday. "I'll probably have to reel them in."

While the Pats lost four of their five pre-season games, general manager Chad Lang said he was impressed by what he saw from his team over the past weeks.

"If you look at our team in the past couple of years, we didn't score really easy," he told Metro. "What I've seen in the pre-season is we are giving ourselves the opportunity to create additional offence."

The big question mark hanging over the Pats is when highly touted forwards Chandler Stephenson and Morgan Klimchuk will return, with both still in training camps with their respective NHL teams.

Refusing to speculate, Cameron joked that he wouldn't count on either player's return until "he sees the whites of their eyes."

Pats defenceman Kyle Burroughs recently returned from training camp with the New York Islanders and called it "a dream come true" to suit up with the pro squad.

As the Islanders prepare to face the Calgary Flames in a pre-season game Tuesday in Regina, Burroughs said he might join the team for their morning practice.

Fresh face

From those on the cusp of the NHL to WHL newcomers, Russell, Man., product Rylee Zimmer will make his Pats debut Friday night.

- "I was pretty excited," he said about making the roster. "First game at home, first game in the WHL, it's huge excitement."

NHL pre-season

MacIntyre steals show in Leafs' loss to Flyers

Jonathan Bernier had the spotlight, but Drew MacIntyre was the goaltender who got Toronto Maple Leafs fans buzzing.

The journeyman managed to infuse some energy into Air Canada Centre during an otherwise listless pre-season opener against Philadelphia, making a handful of notable saves. MacIntyre made 13 in his half of Monday night's game, won by the Flyers 3-2 in a seven-round shootout.

MacIntyre made an impressive pad save on a two-on-one shot by Philadelphia's top prospect, Scott Laughton, and stoned Marcel Noebels to fire up the crowd. Later, he challenged Adam Hall on a semi-breakaway to keep the puck out of the net.

THE CANADIAN PRESS

NHL pre-season

Panthers give tryout to Thomas

Tim Thomas wanted back in the NHL. The Florida Panthers wanted goaltending help.

It might be a perfect match.

The two-time Vezina Trophy winner agreed to a tryout deal with the Panthers on Monday, nearly a year and a half removed from his last game in the NHL. Thomas wrote on his Facebook page in 2012 that he was taking a season off to focus on "friends, family and faith." He made news by not joining the Bruins on their visit to the White House after their 2011 Stanley Cup win, skipping the event because the "federal government has grown out of control."

THE ASSOCIATED PRESS

CFL

Stampeders first team to snare playoff berth

Head coach John Hufnagel hasn't always been satisfied with the performance of his Calgary Stampeders in games this season, but he can't argue with the results.

Calgary tops both the league and the West Division at 9-2 and is the first team this season to secure a playoff berth.

"We've won in different fashions, but we won as a team and that's the good part," Hufnagel said Monday.

"We don't always hit on all cylinders offensively, defensively sometimes we're on the field too much, special teams we're not as productive as we'd like to be, but as a team, one phase has been outstanding to allow us to peck out wins. That's essentially the sign of a good team."

THE CANADIAN PRESS

Todd Helton announces his retirement on Monday. THE ASSOCIATED PRESS

MLB. Rockies' Helton to end career after season 17

Todd Helton has had enough.

Having decided earlier this year that this will be his final season, the Colorado Rockies decided to go public.

"I didn't want to say I was going to return and then come back in," Helton said before Sunday's game against Arizona. "I talked to my wife and thought about my body and mentally how I felt going out there for every game. I'm 40. It's time to go. It's a young man's game."

Helton has spent his entire 17-year major league career with the Rockies and set franchise records in nearly every offensive category. He announced his decision after Saturday night's 9-2 loss, when he hit his 586th double.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Do whatever it takes to stay calm today because if you get angry, you will be at a disadvantage. Someone may be saying things merely to get a reaction. The best reaction is no reaction.

♉ Taurus
April 21 - May 21
You never like being told what to do but today you must listen to what a friend tells you. If you learn from their mistake, you won't make the same one.

♊ Gemini
May 22 - June 21
Think first then act decisively. With your ruler Mercury linked to action planet Mars you have what it takes to do something remarkable, something that will be remembered and talked about for many years to come.

♋ Cancer
June 22 - July 23
You may have to tell a lie to spare a friend's blushes today but make sure it is only a small one. The last thing you want is to get a rep for dishonesty. Your social standing means more than their red face.

♌ Leo
July 24 - Aug. 23
If you have a good idea today — and you will — make sure you keep it to yourself. Yes, of course, you are a generous soul by nature but if you are too generous others could get rich and famous at your expense.

♍ Virgo
Aug. 24 - Sept. 23
The best way to change a habit of some sort is to replace it with a different habit — one that is more positive. If you just try to give up on something today, it won't work. You've got to be cunning.

♎ Libra
Sept. 24 - Oct. 23
It will be all too easy over the next 24 hours to allow yourself to be diverted by things that don't matter and neglect things that do matter. Stay focused.

♏ Scorpio
Oct. 24 - Nov. 22
Someone will try to undermine your reputation today by circulating stories about you that are not true. When you find out who it is, make sure they know, and everyone knows, you are not amused.

♐ Sagittarius
Nov. 23 - Dec. 21
The latest fad or fashion may be pretty hot but is it right for you? The planets suggest you might like to give this one a miss and wait for something better to spend your time and money on.

♑ Capricorn
Dec. 22 - Jan. 20
New responsibilities have brought more work and while you are no stranger to giving one hundred per cent, it might be wise to take a break today.

♒ Aquarius
Jan. 21 - Feb. 19
Whatever your personal code of conduct may be, you must live up to it today. If you fall short in any way, your rivals will seize the chance to make you look bad. Make sure you can reach your lofty ideals.

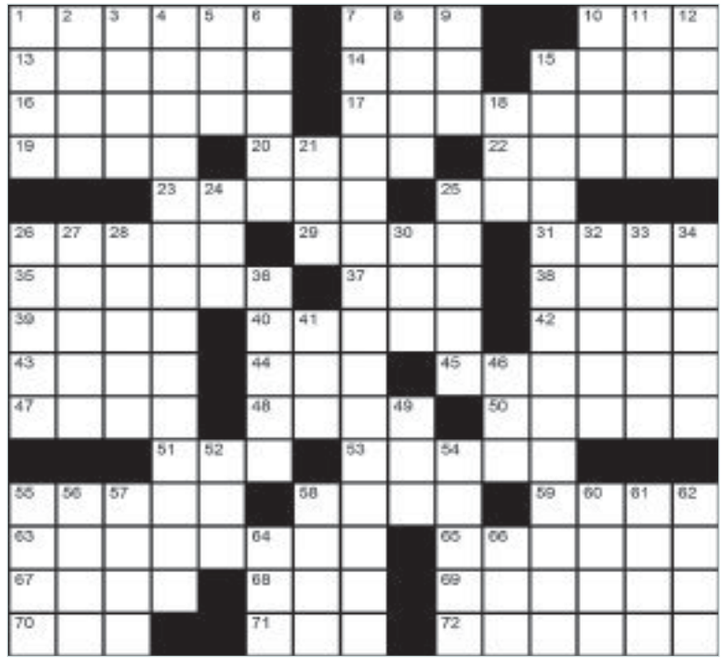
♓ Pisces
Feb. 20 - March 20
What happens today won't be wonderful exactly but neither will it be woeful, so stop fearing the worst and get back into the mainstream of life. You know the old saying: You can't win it unless you're in it!

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

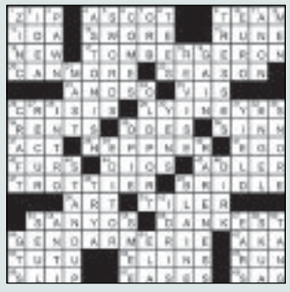
BY KELLY ANN BUCHANAN



Across
1. Cold War era gig: 2 wds.
7. Bouquet delivery co.
10. 30-day mo.
13. "I'm not alone in thinking this?": 2 wds.
14. Fib
15. Bug type
16. Epic Records mogul, _._. __
17. Nova Scotia town
19. Mountain stat.
20. Christian denomination, for short
22. Joy of Cooking author, __ _. Rombauer
23. "Juno" (2007) star Ms. Page
25. Wheel part
26. Tea party treat
29. Taj Mahal's site
31. 2001 Yann Martel novel, Life __: 2 wds.
35. Land promised in The Book of Exodus
37. Texas tea
38. "Smells Like __ Spirit" by Nirvana
39. Wholly __ __ part
40. Weight unit
42. French singer Edith
43. Beat a path
44. __ humour
45. "Donnie __" (1997)
47. Bit of Justin T.'s group
48. Celebes buffalo
50. Fall flower
51. "Oy!"
53. Condo spaces
55. Actress Ms. Birch
58. Sprout
59. Bee-ish bug
63. Halved: 3 wds.
65. Meteorological map line
67. Tropical birds
68. Back the tape up, briefly
69. Composed
70. Un-light times, for short
71. Holiday __
72. British Columbia band

Down
1. Reality star Ms. Richards
2. Hockey highlight
3. Hockey great, Pavel __
4. CBC daytime show: 3 wds.
5. Hawaiian dish
6. The Alps song
7. Rita MacNeil hit: 4 wds.
8. Ms. Carrere's
9. German article
10. Grad
11. "Dancing with the Stars" pro Ms. Murgatroyd
12. Cheers!
15. __ __? (Sign In area message)
18. "Amado __": Song from "Gilda" (1946)
21. Little legume
24. Canadian dairy products brand, Gay __
25. Spy for Moses
26. Robert Burns, and others
27. Tote
28. Beatles song: "Glass __"
30. Singer/songwriter Mr. Ocasek
32. "1234" Canadian songstress
33. Alberta's __ River
34. Has it __ (Holds a grudge): 2 wds.
36. "Never.": 2 wds.
41. Samovar
46. Mouse's friend
49. Year: Spanish
52. 'Jacob' suffix
54. "If that could only be true!": 2 wds.
55. National highway, commonly
56. Track down
57. Actress, Carre __
58. Ms. Stefani
60. Son of Eve
61. Rational
62. Zebra, to a lion
64. Prefix with 'cycle'
66. Behold

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7						3	
6				4				7
1			8		7			6
		3	1		2	8		
				5				
		5	9		3	1		
9			4		1			5
4				9				2
	2						9	

Yesterday's Sudoku

5	8	3	2	6	7	4	1	9
7	1	4	3	9	5	8	2	6
2	9	6	4	8	1	7	3	5
9	6	8	7	4	2	3	5	1
3	5	7	6	1	9	2	4	8
4	2	1	5	3	8	6	9	7
6	3	5	9	7	4	1	8	2
1	7	2	8	5	3	9	6	4
8	4	9	1	2	6	5	7	3

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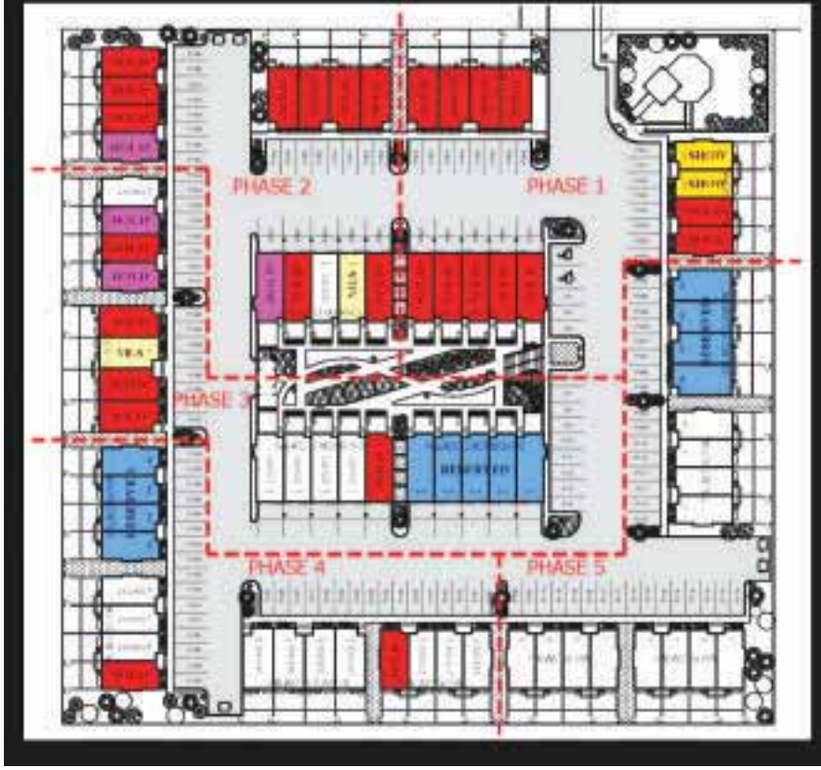

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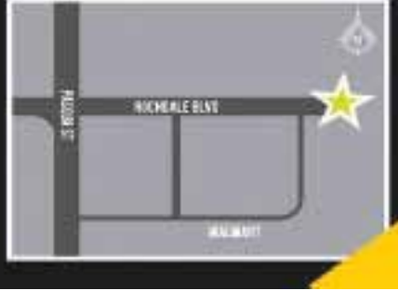

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